

Vision & Eye Health

It is estimated that 90% of what we learn during our lifetime is learned through use of the eyes. Wouldn't it be a terrible mistake to take the health of your hard-working eyes for granted? Instead learn how you can help protect them into age ninety and beyond. Eye supplements are designed to do what their name suggests: they supplement a healthy diet to make sure you get all the nutrients you need for good eyesight. Taking a daily vision supplement can help fill in the nutritional gaps in a less-than-optimal diet and may help protect you from degenerative diseases, including eye diseases such as cataracts and macular degeneration.

Seven Suggestions for Sight

- Eat spinach or other greens like collards and kale several times a week since they contain lutein, an antioxidant that greatly benefits the health of the eye's macula. Be sure to eat these foods with a bit of olive oil to help better absorb them. One cup of raw spinach or ½ cup of cooked spinach provides 6 mg of lutein.
- Massage temples and pinch the skin between your brows to relax eyes and improve circulation.
- Cook with red onions instead of yellow since they have significantly more quercetin. Quercetin is a bioflavonoid that may benefit age-related eye concerns.
- Always wear sunglasses in bright sunlight. If you experience even a hint of a squint, get out the shades, and make sure they filter out the maximum amount of ultraviolet light.
- Blink regularly to cleanse, lubricate and de-stress the eyes. **Spray an Organic Sulfur solution with water into eyes often.**
- Some ophthalmologists recommend periodically covering your eyes with the palms of your hands to rest them. Practice this eye-break three times each day for 10 seconds each time.

The Double Dose of Vision Health

1. **Lutein**—You can read this web page thanks to your macula, which is part of the retina. The #1 supplement for supporting the health of this central part of the eye is lutein, and the optimal dose is 20 mg.
2. **Bilberry**—Bilberry is the vision herb for all types of eye concerns. It aids in the regeneration of visual purple in the retina, which helps the eye adapt to low-density light (night vision), plus it improves delivery of oxygen and blood to the eyes, which is critical to vision health. It also strengthens collagen in the tiny capillaries that feed the eyes, and it offers strong antioxidant support for the entire eye.

"Science indicates that lutein's function in the eye's macula (a small spot in the retina responsible for central vision) is the same as in plants: to filter out harmful, high-energy, blue wavelengths of visible light that can damage cells and tissues. Supplements using purified, crystalline lutein are identical to the lutein found in dark green leafy vegetables... Lutein also acts as an antioxidant, protecting cells by quenching free radicals."

A Star in Your Eyes

Eyes that appear slightly moist look bright and healthy. Yet everyday activities and even the foods we eat can dry up that sparkle. Drink plenty of plain bottled water to keep your eyes hydrated, and stay far from beverages or other foods sweetened with aspartame, which has a drying effect on eyes.

Supplement Program of the National Eye Institute

The National Eye Institute sponsored a major study that ended in 2001, and the researchers concluded that these key nutrients were beneficial to eye health. The participants in the study took the following amounts of each nutrient for an average of 6.3 years.

- **Beta-Carotene** - 15 mg, which is equivalent to 25,000 IU.
- **Lutein** – 20 mg
- **Vitamin C** – 500 mg
- **Zinc** – 30 mg

Vision Support Plus supplements can help fill in nutritional gaps in a less-than-perfect diet.

- **Vitamin A and beta-carotene.** **Vitamin A** (and its precursor, beta-carotene) is necessary for night vision, wound healing and proper functioning of the immune system. Beta-carotene was part of the AREDS formula.
- **Vitamin C.** This potent antioxidant was part of the AREDS formula, and other research suggests **Vitamin-C** is associated with reduced risk of cataracts.
- **Bilberry** is sourced from the fruits and leaves of the Bilberry plant. It supports a variety conditions and disorders of the eye and improved night vision and high in flavonoids. Increases enzyme and substances in the eye that are important for good vision and eye functions of the retina.
- **Grape seed extract** is a great source of powerful antioxidants known as oligomeric proanthocyanidins (OPCs). OPCs are highly effective antioxidants that scavenge free-oxygen radicals.
- **Vitamin D-3.** Recent literature suggests vitamin D deficiency is widespread, especially during winter months in cold climates. Research suggests vitamin D is associated with a lower risk of macular degeneration.
- **L-cysteine (NAC)** is a form of the amino acid cysteine. NAC helps to break down mucus and detoxify the body. Early studies indicate NAC may help prevent development of cataracts and macular degeneration.
- **L-Taurine**—Found in mother's milk and vital for optimum retinal function. Researchers found that people at risk of losing more sight due to a condition called "age-related macular degeneration" (AMD) could prevent further vision loss by taking a combination of **zinc** and antioxidants.
- **Lutein** antioxidant properties may reduce the risk of macular degeneration and cataracts.
- **Zinc** is another nutrient widely believed to support eye health.
- **Phytochemical antioxidants.** Plant extracts, such as those from **bilberry**, contain phytochemicals.
- **Quercetin** is also a flavonoid with antioxidant properties. Its ability to scavenge free radicals contributes to the prevention and treatment of several eye disorders.
- **Omega-3 essential fatty acids.** These essential nutrients may reduce the risk of dry eyes and may have other eye health benefits as well. The best is Molecularly Distilled, Enteric Coated (no fishy aftertaste), has both EPA and DHA and uses cold water fish.